


# Hartman Park Regional Community Center

2801 Tucker Road, Nashville, TN 37218 - 615-862-8479

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	<b>Monday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Tuesday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Wednesday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Thursday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Friday</b> <b>Hours:</b> <b>6:00am-7:30pm</b>	<b>Saturday</b> <b>Hours:</b> <b>8:00am-12:00pm</b>
<b>2016</b> <b>Subject to Change</b> <b>Program Schedule</b>  <u>Facility Coordinator</u> Adrean Gregory  <u>Program Coordinator</u> Richard Hassell  <u>Aquatics Coordinator</u> Contee Harris  <u>Recreation Leaders &amp; Lifeguards (*)</u> Shayla Humphreys Wesley Jackson Charles Moorman D'Aundrial Sanders Felissa Reese Veronica Summers*  <u>Class Instructors</u> Kyya Lewis Angela Ridley Felissa Reese	8:15am-9:15am Senior Body Pump  10:00am-11:00am Dance into Shape  9:00am-11:00am Lap Swim & Water Walking  11:00am-12:00pm Open Swim  3:00pm-6:00pm Elementary After-School Program  4:00pm-5:00pm NAZA  3:00pm-4:00pm Open Swim  6:00pm -6:55pm (\$) Zumba (Felissa)  6:00pm-8:00pm Adult Basketball	6:30-8:30am Lap Swim & Water Walking (Senior)  8:30am-9:30am (\$) Belly Dancing  9:00am-10:00am Water Exercise Class  10:00am-11:00pm Open Swim  3:00pm-4:30pm St Pius/Learn to Swim  3:00pm-6:00pm Elementary After-School Program  4:30pm-6:30pm NAZA  6:00pm -7:00pm Girl Scouts  4:30pm-6:15pm Learn to Swim  6:20pm-7:00pm Adult Lap Swim  7:00pm-8:00pm (\$) KYYA Fit Zumba	8:15am-9:15am Senior Body Pump  9:00am-3:00pm Disabilities Program  10:00-11:00am Dance into Shape  9:00am-11:00am Lap Swim & Water Walking  11:00am-12:00pm Open Swim  3:00pm-6:00pm Elementary After-School Program  4:30pm-6:30pm NAZA  3:00pm-4:00pm Open Swim  4:00pm-5:00pm After School/Naza  5:30pm-7:30pm Chicago Stepping- Smooth Edge Community Steppers  6:00pm-8:00pm Adult Volleyball (18 –up)	6:30-8:30am Lap Swim & Water Walking (Senior)  8:30am-9:30am (\$) Belly Dancing  9:00am – 10:00am Water Exercise Class  10:00am-11:00pm Open Swim  3:00pm-6:00pm Elementary After-School Program  4:30pm-6:30pm NAZA  3:00pm-4:30pm St Pius/Learn to Swim 4:30pm-6:15pm Learn to Swim  6:20pm-7:00pm Adult Lap Swim  7:00pm-8:00pm (\$) KYYA Fit Zumba	8:15am-9:15am Senior Body Pump  10:00am-11:00am Dance into Shape  11:00pm-1:30pm Senior Hartman Band  3:00pm-6:00pm Elementary After-School Program  6:00pm-7:15pm Family Open Gym	8:00am-12:00pm Adult Basketball  8:30am-10:15am Adult Lap Swim/Water Walking  10:30am-11:30am Open Swim    Revised 3-2-16